

# MedsMatter!

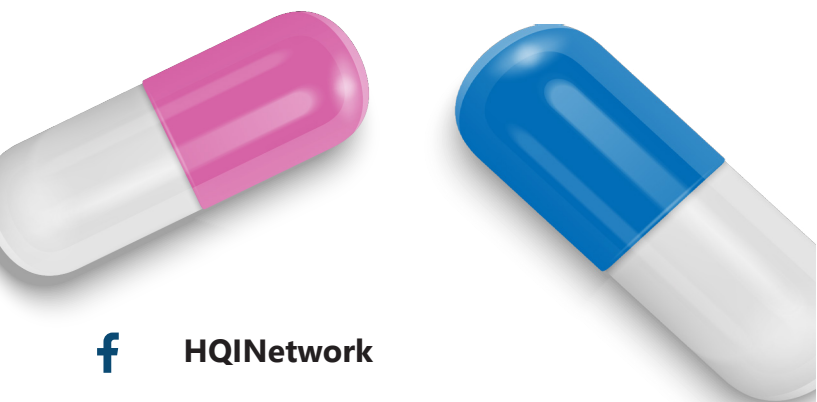
Safe disposal of unused opioid medications is an important part of addressing the opioid epidemic.

**Mind Your Meds** educates you about safe medication use and disposal to empower you to take action based on what you have learned.



The following are **4 easy steps** on how to safely use and dispose of opioids and other pain medications.

1. **Watch a short video** at :  
<https://seniornavigator.org/mindyourmeds>
2. **Offer us your feedback** at the same link.
3. **Use what you learn** to safely dispose of unused opioids and other pain medications.
4. **Share this information** with your friends and family.



 **HQINetwork**

 **HQINetwork**

 **Health Quality Innovation Network**

# MedsMatter!

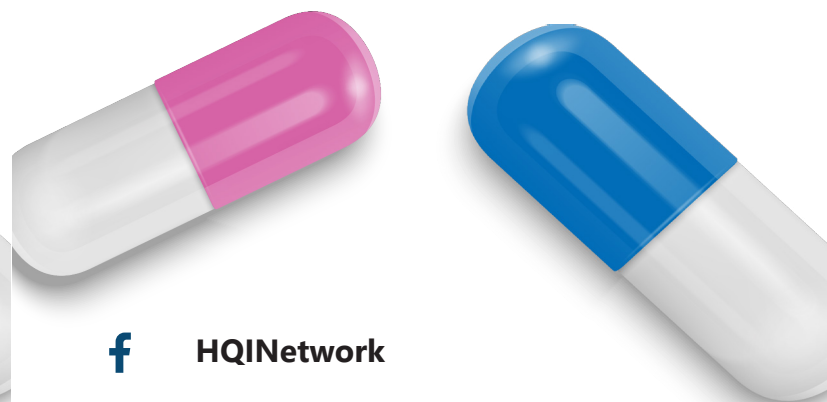
Safe disposal of unused opioid medications is an important part of addressing the opioid epidemic.

**Mind Your Meds** educates you about safe medication use and disposal to empower you to take action based on what you have learned.



The following are **4 easy steps** on how to safely use and dispose of opioids and other pain medications.

1. **Watch a short video** at :  
<https://seniornavigator.org/mindyourmeds>
2. **Offer us your feedback** at the same link.
3. **Use what you learn** to safely dispose of unused opioids and other pain medications.
4. **Share this information** with your friends and family.



 **HQINetwork**

 **HQINetwork**

 **Health Quality Innovation Network**